

This Month's Feature
North Carolina Beef
www.beefitswhatsfordinner.com

Beef is one of the most nutrient-rich foods to fuel an active and healthy lifestyle. According to the latest government data, a 3 oz. serving of beef is an excellent or good source of 9 essential nutrients. It's packed with zinc, iron and protein and those give your body fuel. We have over 19,000 beef cattle operations in North Carolina and they provide our state with food and revenue. You have so many cuts to choose from that beef is also economical and 29 cuts have less fat than the same size serving of a skinless chicken thigh. You can't go wrong when you choose NC Beef. It's what's for dinner!

Steak with Arugula and Balsamic Mushrooms

Serves 4

2 Tablespoons olive oil
1 pound flank steak
Kosher salt and black pepper
1 pound cremini or button mushrooms, quartered
1 Tablespoon balsamic vinegar
¼ cup heavy cream
2 bunches arugula, thick stems removed (about 6 cups)
4 scallions, thinly sliced

1. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the steak with 1/2 teaspoon each salt and pepper. Cook to the desired doneness, 3 to 5 minutes per side for medium-rare. Let rest at least 5 minutes before slicing.
2. Wipe out the skillet and heat the remaining tablespoon of oil over medium-high heat. Add the mushrooms and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, tossing occasionally, until tender and browned, 5 to 6 minutes. Stir in the vinegar. Remove from heat and stir in the cream.
3. Divide the arugula, steak, and mushrooms among plates and sprinkle with the scallions.

Tip: You can use almost any variety of mushroom in this recipe. Try smoky shiitakes (discard the woody stems), mild oysters, or a couple of juicy portobellos.

PERSONAL Note: I found this great recipe in Real Simple Magazine and it has become a family favorite. It is quick, easy and just a delicious way to enjoy a fresh salad through the spring and summer.

Asian Beef & Noodles

Serves 4

1-1/4 pounds ground beef

2 packages (3 ounces each) Oriental-flavored instant ramen noodles, broken up

2 cups frozen vegetable mixture, such as broccoli, carrots, red peppers, water chestnuts

1/4 teaspoon ground ginger

2 tablespoons thinly sliced green onion

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; season with one seasoning packet from noodles.
2. Place noodles in skillet. Add vegetable mixture, 2 cups water, ginger and remaining seasoning packet; bring to a boil. Reduce heat; cover and simmer 3 minutes or until noodles are tender, stirring occasionally.
3. Return beef to skillet; heat through. Stir in green onion.

PERSONAL Note: This is a one-dish meal and that is always a hit with me on a busy weeknight. If your family prefers other vegetables then get those frozen instead of what the original recipe calls for or you could always use fresh! I always make a recipe in the original version and then adapt it to my family's likes and dislikes.

Ribeye Steaks with Sauteed Grape Tomatoes and Brie

Serves 2 to 4

2 beef ribeye steaks, cut 1-inch thick (about 12 ounces each)

2 cups grape tomato halves (about 10 ounces)

3 tablespoons water

3 teaspoons minced prepared roasted garlic, divided

4 ounces Brie cheese, shredded

2 tablespoons thinly sliced fresh basil

1. Combine tomatoes, water and 1 teaspoon garlic in large nonstick skillet. Cook, covered, over medium heat 4 to 5 minutes or until tomatoes are tender, stirring often. Season with salt and pepper, as desired. Remove from skillet; keep warm. Carefully wipe out skillet with paper towels.
2. Press remaining 2 teaspoons garlic evenly onto beef steaks. Place steaks in skillet over medium heat; cook 12 to 15 minutes for medium rare to medium doneness, turning occasionally.
3. Carve steaks into slices; season with salt and pepper, as desired. Add cheese and basil to tomatoes; stir until well combined. Serve immediately with beef. Garnish with additional basil, if desired.

PERSONAL Note: To make Brie cheese easier to shred, place in freezer for about 30 minutes. You could use another cheese instead of Brie but you want to be sure it is a creamy cheese so it will combine with the tomatoes and basil and melt a little over the steak.